



Ingham Regional Healthcare Foundation  
401 W. Greenlawn Avenue  
Lansing, Michigan 48910-2819

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LANSING, MICHIGAN

## Take the Holiday 5-Star/Synergy Challenge!

*Challenge yourself to:*

- Learn more about your personal health risk factors
- Set a meaningful health and wellness goal and,...
- Achieve it!

Let the Health and Fitness specialists of IRMC's 5-Star Worksite Wellness team and Synergy Fitness help you achieve your wellness goals NOW! Take part in our FREE health education seminar series and sign up for the challenge package that best fits your needs.

**Packages include:** *Comprehensive health screening, personal training support, group exercise classes and yoga.*

**Call Synergy Fitness (517) 351-3204 or  
Healthwise University (517) 367-5439 for more details.**

  
**Worksite Wellness**

PROGRAM

**INGHAM**  
REGIONAL MEDICAL CENTER

A McLAREN HEALTH SERVICE

HOSTED BY  
**Synergy Fitness**

**2655 E. Grand River, East Lansing**

Located at Park Lake & Grand River  
(formerly *Circuit City* next to *Foods for Living*)

Membership packages starting at \$125 plus  
monthly membership fee

### FREE HEALTH SEMINAR SERIES

**Time:** Mondays, 6-7 pm

**Dates:** November 5 – January 28 (no classes Dec 24 – Jan 7)

**Location:** Synergy Fitness, 2655 East Grand River, East Lansing

**Topics include:** Heart Healthy Living, Stress and Coping, Nutrition, Sleep health and more!



COMMUNITY HEALTH EDUCATION & SCREENINGS

# Life Wise

LIFESTYLES FOR GOOD HEALTH, BALANCE & LONGEVITY



## Women's Health: Breast Cancer Awareness

**Presented by:**

**Lewis A. Jones, Jr., M.D., Director Breast Imaging for the IRMC Breast Care Center**

- University of Michigan Medical School Graduate
- Body Cross-Sectional/Breast Imaging Fellowship at Henry Ford Hospital

Dr. Jones, an energetic advocate for women's health, will present a unique and educational program for women of all ages. Dr. Jones will use his breast vest and demonstrate proper self-examination techniques, which is sure to engage audience participation.

*A Healthwise Physician Presentation Series* 🍀

**When:** Thursday, November 1  
**Where:** The Dawe Auditorium  
2720 S. Washington Ave., Lansing  
**Time:** 6:30 p.m. – Doors open at 6:00 p.m.  
**Cost:** FREE, Pre-registration necessary, call  
(517) 367-5159



## Minimally Invasive Heart Surgery for Atrial Fibrillation

**Presented by:**

**Dr. Divyakant B. Gandhi, MD FACS FRCS,  
Cardiothoracic Surgeon, CVT Surgeons of Mid-Michigan**

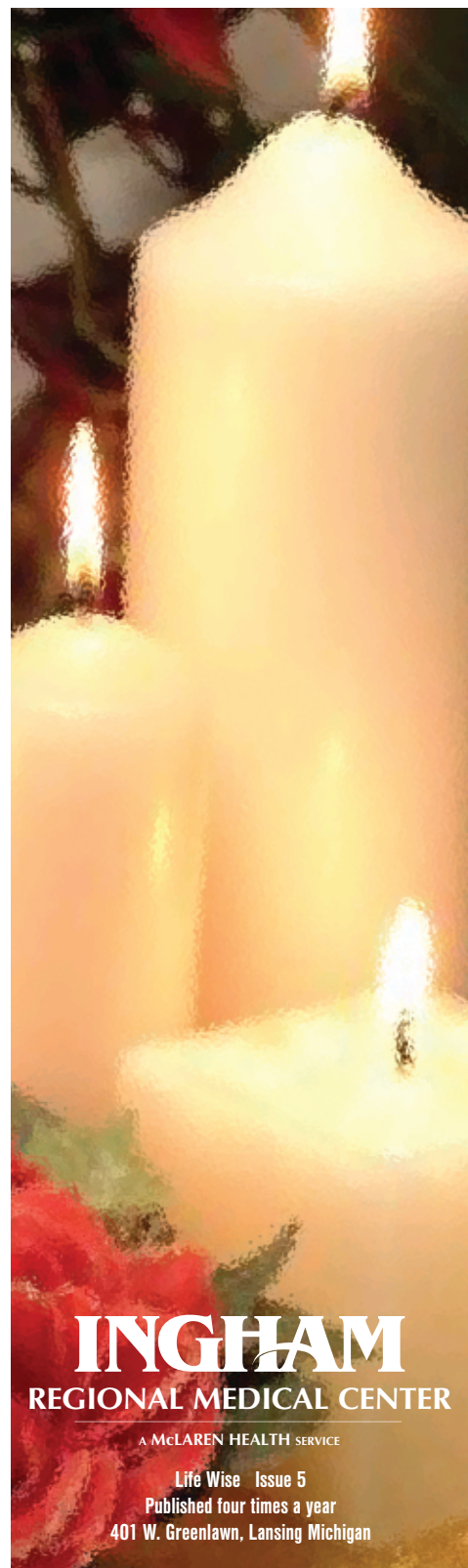
Atrial Fibrillation is the most common arrhythmia. The American Heart Association estimates that over 70,000 strokes each year are due to Atrial Fibrillation.

Dr. Gandhi, will explain a revolutionary procedure of minimally invasive heart surgery for Atrial Fibrillation using small incisions between the ribs instead of the open chest method, a procedure now being performed at Ingham Regional Medical Center.

*A Healthwise Physician Presentation Series* 🍀

**When:** Thursday, November 8  
**Location:** The IRMC Education Center, Room A  
2709 S. Washington, Lansing  
**Time:** 7:00 - 8:00 p.m. Doors open at 6:30 p.m.  
**Fee:** FREE – Pre-registration necessary, call  
(517) 367-5159

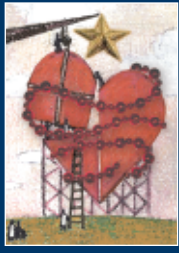
HOLIDAY 2007



**INGHAM**  
REGIONAL MEDICAL CENTER

A McLAREN HEALTH SERVICE

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Published four times a year  
401 W. Greenlawn, Lansing Michigan



**Ingham Regional Medical Center**  
*Keeping you  
 Strong at Heart  
 through the Holidays!*

## *A Taste of the Holidays*



Join us for a festive evening sampling appetizers & desserts that will please your palate, your heart and your waistline! Attendees will receive a *Strong at Heart Recipe Collection*. Presented by Ingham's Weight Management Services, Ingham Bariatrics, and Clinical Nutrition Services

**Location:** The IRMC Education Center  
 2709 S. Washington, Lansing  
**When:** Wednesday, November 28  
**Time:** 6:00 – 7:30 p.m.  
**Fee:** \$15.00  
**Contact:** Space is limited & pre-registration is necessary, call (517) 367-5159

## **FOR NEW MOTHERS...from IRMC Women & Children's Services**

### **NEW Surviving the Baby Blues**

IRMC knows new moms have special needs. Our new support group will provide a special time and place for new moms to focus on their needs so they can better focus on their family.

**When:** Monday, January 14 & January 28  
**Where:** The McRee Guest House, 2721 S. Washington Ave., Lansing  
**Time:** 11:00 a.m. – 1:00 p.m.  
**Cost:** Free, space is limited  
**Contact:** Judy Dekun, RNC, at (517) 367-5339

## **Hardening of the Arteries**

### **A Head-To-Toe Disease**

**Presented by Dr. Alonso Collar**  
 Chief of Surgery, IRMC



Most Americans do not realize that Peripheral Arterial Disease (PAD) is a dangerous disease. This silent killer affects more than

12 million Americans and is commonly seen in the legs, but can be present in all of the arteries that carry blood from your heart to your head, arms, kidneys and stomach.

Join Dr. Alonso Collar, Cardiovascular Surgeon, for this opportunity to learn about your risks, symptoms, diagnosis, and treatment. Take the steps to learn about PAD.

**Location:** The Dawe Auditorium  
 2720 S. Washington Ave.,  
 Lansing  
**Date:** Monday, November 5  
**Time:** Noon – 1:00 p.m.  
**Fee:** Free – pre-registration necessary  
**Contact:** (517) 483-7517

*A Healthwise Physician Presentation Series* 🍷

## **ERASE THE PAIN SERIES**



### **Knee Pain Seminar**

**Presented by**  
**Wesley Mesko, M.D. Orthopedic Surgeon**



**When:** Monday, January 14  
**Location:** The Dawe Auditorium  
 2720 S. Washington Ave., Lansing  
**Time:** 7:00 p.m. – Doors open @ 6:00 p.m.  
**Fee:** Free  
**Contact:** Pre-registration is necessary,  
 call 1-800-481-4080

Does pain makes you miss the things you enjoy? Are aching joints unavoidable? Is surgery your only option? How can physical therapy help? Which pain medications are safe?

Get answers to these questions and more from Ingham Orthopedic Surgeon Dr. Wesley Mesko.



# Education

## **Asthma Education** **Greenlawn Campus** **517-367-5177**

Take control of your asthma, and don't let asthma control you

■ *Fee, may be covered by some insurance*

## **Birthing Center Tours** **Greenlawn Campus** **517-367-5300**

Offered Mondays at 6:00 p.m. (except holidays) for parents to be and their families. Meet at the volunteer desk, ground floor of the Women & Children Building

■ *Free – Registration not necessary*

## **Breastfeeding Classes** **Greenlawn Campus** **517-367-5335**

Held three times each month

■ Times vary, call for schedule

■ *\$20 per couple per 2-hour session*

## **Cardiac Rehabilitation** **Greenlawn Campus MWF** **517-367-5644**

For those with heart disease including CABG, valve surgery, stent placement and heart attack.

■ Physician referral necessary

■ *Registration necessary, insurance coverage may be available*

## **Childbirth Education Classes** **Greenlawn Campus** **517-367-5335**

■ 6-week classes held on

Tuesday or Thursday evenings from 7:00–9:00 p.m. *\$80 per couple*

■ One day Saturday class 9:00 a.m. to 6:00p.m. runs 2 times a month *\$90 per couple, includes lunch*

## **Diabetes Education** **Penn Campus** **517-374-4911**

Diabetes Education Self Management  
■ Monthly Classes – pre registration necessary and physician referral required

■ *Fee – covered by most insurance*

## **Heart Failure Education** **Penn Campus Suite W 1014** **517-367-5555**

Every other Monday, 1:00–2:00 p.m.

■ *Free – Registration not necessary*

## **Peripheral Vascular Disease (PVD) Screenings**

### **Greenlawn Campus** **Great Lakes Vascular Institute** **517-334-2877**

■ November 16, 7:00 a.m.–12:00 p.m.

■ Pre-registration necessary

■ *Fee – \$60.00*

## **Pulmonary Rehabilitation** **Greenlawn Campus** **517-367-5177**

For those who suffer from a chronic lung disease or respiratory impairment due to other physical conditions, this program is designed to return the participant to their highest possible level of health

■ Physician referral required,

Insurance coverage may be available

■ Registration required, call for details

## **Sports Med Clinic** **Penn Campus** **517-351-7815**

Saturdays 9–11 a.m. starting August 11, registration not required

■ *Fee – covered by most insurance*

## **Weight Management** **Penn Campus** **517-377-8616 or 517-377-8633**

Times & fees vary, call for more information

■ **Outlook:** a low-calorie food plan for moderate weight problems

■ **New Direction:** a high protein, low-carb modified fasting diet for people more than 40 lbs. overweight

■ **New Beginnings:** a bariatric education and support program prior to surgery

■ **Renew:** specially designed for bariatric patients struggling to reach their goal weight

## **Medgem**

Do you know how many calories your body burns each day? Find out with Medgem.

■ *Fee: \$60*

# Support

## **WomenHeart Support Group** **517-887-2646** **Greenlawn Campus**

A monthly support group specifically for women with heart disease

■ Education Center, 2709

Washington Ave., Classroom B

■ Contact Ruby Foster

## **Diabetes Support Groups** **Penn Campus** **517-374-4911**

For participants who have taken the self-management class

■ *Free*

## **Heart Failure Support Group** **Professional Building Suite 30** **405 W. Greenlawn** **517-367-5555**

Every first Wednesday, every other month, 6:00–7:30 p.m.

■ *Free*

## **Internal Cardiac Defibrillator Support Group** **Greenlawn Campus, Education Center** **517-483-7554**

For patients, family and friend of those with implanted cardiac defibrillators.

■ Quarterly meetings

■ Contact Clinical Nurse Denise Grimes for specific dates



**Ingham  
Urgent Care:**

## **A Better Choice!**

■ No appointment necessary.

■ X-rays and lab on site.  
Results before discharge.

■ Supported by all on-call specialties.

■ Insurances are billed.

**(517) 374-4900**

M–F: 2–10 pm • SAT & SUN: 12–4 pm

Closed on Holidays